


# SOTA Newsletter



Olivia Fulton, OTS & Lauren Mullins, OTS

February Edition

## IMPORTANT DATES

- 2/6 -- SOTA meeting @ 4:15 p.m.
- 2/8 -- Join us in the fishbowl for a mockmosa at 830 am! 
- 2/8 -- AT club interest meeting @ 3:00 p.m. (room TBD)
- 2/9 -- PTE and Valentine's Day Crush fundraisers end.
- 2/13 -- Secret Cupid @ 4:15 p.m. and Biomedical Ethics lecture @ 6:00 p.m.
  - remember to register for Secret Cupid to participate.
- 2/16 -- Scrub drive ends
- 2/22 -- Last day to book a hotel room in AOTA block.
- 2/26-3/1 -- SPRING BREAK
- 2/28 -- Last to register for AOTA at a discounted rate.

## AN INTERESTING READ

Katzenellenbogen, G., Franzen, D., & Van der Linde, J. (2021). Postural control in children receiving intervention using the Astronaut Training Protocol. *South African Journal of Occupational Therapy*, 51(2).  
<http://doi.org/10.17159/2310-3833.2021.vol51n2a9>

## Future Meeting Dates

March 12th 4:15 PM

April 9th 4:15 PM

April 30th 4:15 PM

## Student Spotlight ~ Bethany Self

**Where are you from?** I am from Virginia Beach, Virginia

**What year of the OT program are you in?** I am a Second Year OTD student

**Area of Interest:** I am very interested in working in a mental health setting, potentially an inpatient behavioral health unit. Also interested in pediatric acute care/NICU or the school system.

**How do you maintain occupational balance?** I maintain occupational balance by making sure to take time for myself every day. Additionally, by going to the gym every day!

**Favorite class:** My favorite class has been psychosocial dysfunction.

**Favorite occupations:** My favorite occupations are working out and spending time with friends.

**Fun fact:** A fun fact most people don't know about me is that I grew up racing dirt bikes.





# Advice Column

~Fieldwork Edition~

“ The biggest piece of advice going into fieldwork is to take it one session at a time. Be present with your patients, make them feel heard, and create go-to interventions to have handy.

~ Madelyn W.

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“ You are more than prepared for this journey. Trust yourself, utilize your resources, and go to your fieldwork educator anytime you feel unsure about something. I'm looking forward to hearing about your experiences. Best of luck!

~ Caroline Gates

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1. Take advantage of all of the opportunities offered. If you are interested in doing something, ask for the opportunity to do it to make the most out of your fieldwork experience.
  2. Make friends with other fieldwork students. You can share ideas and experiences with one another. It makes the experience more fun! I did taco Tuesdays with other students at TGH.
  3. Do something fun outside of fieldwork to achieve occupational balance, such as going to the gym or taking dance classes. Don't spend all of your time studying or preparing for fieldwork because you'll burn out.
  4. Reach out to your fieldwork educator prior to starting and ask about the best way you can prepare (diagnoses, assessments, LDAs, etc., to review).
  5. Ask a lot of questions!
  6. Don't be hard on yourself if you make a mistake. Mistakes and constructive feedback are opportunities for growth. You're a student, so you are not expected to know everything or be perfect.
  7. Have fun! Enjoy the process :)
  8. Get in contact with a third year who was at your fieldwork site. They can give you specific advice to be successful at that site
  9. Treat your fieldwork like a job: Be prepared, show up on time, work hard, and be professional. You want to receive a good recommendation letter or job offer after!

~ Katie McKibbin

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